PLEASE SIGN IN DAILY-THANKS! Reminder! Houston Food Bank Truck & Resource Fair Sponsored by: South Texas Dental

Wednesday, June 7th (New Time) 9AM-12PM Please bring your

own bags.
See flyers for more information!

MONDAY

Visit the Wellness Center

Carolyn Lyons, LVN

Monday & Wednesday
9AM-4PM
Blood Pressure &
Diabetes Testing

Donna Sullivan (Interim) City of Houston Monday and Thursday 8:30AM-12:30PM Drop-Ins Welcome

5) <u>8am-</u> Wake Up & WALK!

8am-1pm Market Place Monday

<u>9am-</u>Fitness w/Freeman

11am 7UMPA w/Valorio

<u>11am-</u>ZUMBA w/Valerie 1pm-Fitness w/Freeman

<u>1pm-</u>Fitness w/Freem (Flexibility)

<u>2-6pm</u> The Peak Table Games

<u>5-6pm</u>-Line Dancing w/Sheila

6-7pm-Nighttime Cardio DVD

Schedule Subject

to Change, please call

832-471-2765

Especially inclement weather days

- - - New Dance Class - - - Beginners & Advanced

ZYDECO W/MICHAEL BRANCH & THERESA CHAMBERS

Tuesday Night's 6-7pm

Zydeco will continue for the month of June. There will be NO Zydeco in July. Zydeco will resume in August.

The Pinnacle will be CLOSED

on the morning/afternoon of June 23rd from 10:30AM until 3:00PM

Staff will be attending the Health & Human Services Annual Meeting in Rosenberg

Schedule will resume from 3:00 - 7:30 PM

6) <u>8am-</u> Wake Up & WALK!

<u>9am-</u>Strength Training w/Freeman <u>9am-Chair Fit DVD w/Freeman</u>

10am-Self Defense w/Kenneth & GM Gerald 10-11AM-Sign Language w/Marsha 11am- Greater Works Bible Study TP 11am-Chair-Fit w/Freeman

<u>12:00pm-</u> Zumba DVD <u>1pm-</u>Afternoon Fitness w/Valerie<u>-</u>

<u>3pm-</u> Bridge "The Peak" 3-6pm- The Peak Table Games

6-7pm-Nighttime Cardio DVD/ZYDECO

Thanks to: Mary Ine-1000 Cups
Delores Brown—Creamer & Sweetener
Brenda Campbell-3packs of cups
Gwen Henderson-Coffee/Sugar

The PINNACLE

Senior Center of Fort Bend County

June 2017

Happy Father's Day! 5525-C Hobby Rd. Houston, TX 77053 M-F 7:30am-7:30pm Sat. 8-11am

WEDNESDAY

SILVERADO VIRTUAL DEMENTIA TOUR

The Virtual Dementia Tour allows participants to experience the overwhelming effects of trying to perform everyday tasks for a person living with memory loss.

Limited tours so please sign up at the front desk.
Each tour is 15 minutes.

Thursday, June 8th 10AM-1PM

7) <u>8am-</u> Wake Up & WALK!

9am- Fitness w/Freeman

9AM-Noon-Houston Food Bank
9-11am-Ping Pong- Cancelled

<u>10am</u>-ZUMBA w/Valerie 11am-Two Stepping

w/Marvin & Kenneth
<u>12-1pm</u>-Line Dancing w/Faye

12-2pm-Wild & Wooly Women
1pm-Fitness w/Freeman (Ab Workout)

<u>2-6pm-</u>The Peak Table Games

<u>6-7pm</u>-Line Dance w/Bonnita

Please remember to support our VOLUNTEERS with your kind and generous donations! All classes except Freeman's are

Taught/Facilitated by Volunteers!!!!

Please keep Ethiopia in prayer for the loss of her father, Marshall Hattix Summer Sign Language w/Marsha will meet on Tuesdays from 10-11AM & Thursdays from 2-3PM

1st & 3rd Saturday

Computer Classes (On Hold)

w/Ethiopia Hattix

Please note time change for Thursday
THURSDAY

1) <u>8am-</u> Wake Up & WALK!

<u>9-10am-</u>Functional Fitness w/Freeman 9-11am-Ping Pong Open Play

10am - Go Cruising

<u>Library Programming</u> <u>10:30-11:30am-</u>Chair Fit /Freeman

11am-Noon-Healthy Eating
w/Deanne
11:30am- Zumba DVD

2-3pm-Sign Language w/Marsha 2-6pm-The Peak Table Games

<u>2-6pm-</u>The Peak Table Games <u>6-7pm-</u>Line Dance w/Faye

8) <u>8am-</u>Wake Up & WALK!

<u>9-10am</u>-Functional Fitness w/Freeman

<u>9-11am-</u> Ping Pong Open Play

10am-Grandparent Resources
Library Programming

<u>10:30-11:30-</u>Chair Fit w/Freeman 11:30am- Zumba DVD

2-3pm-Sign Language w/Marsha 2-6 pm-The Peak Table Games

<u>6-7pm-</u>Two Stepping w/Marvin

Hamilton FREE Phones
June 22nd 10-11AM
Please sign up!

•EVENING SCHEDULE•

Monday-5-6pm Line Dance w/Sheila 6-7pm Nighttime Cardio DVD Tuesday-6-7pm-Nighttime Cardio/**ZYDECO** Wednesday- 6-7pm Line Dance w/Bonnita 1st Thursday-6-7pm Line Dance w/Faye 2nd, 3rd & 4th Thursday 6-7pm Two Stepping w/Marvin Friday-6-7pm- Nighttime Cardio DVD

FRIDAY/SATURDAY

2) <u>8am-</u> Wake Up & WALK! <u>9am-</u>Freeman's Fitness Friday <u>10am-</u>Chair Fit DVD w/Freeman

<u>IIAM-</u>Chair Yoga w/Shanthi <u>12-2pm</u>-Wild & Wooly Women

<u>2-6pm-</u>The Peak Table Games <u>6-7pm-Nighttime Cardio DVD</u>

Saturday 6-3-17

Saturday 6-3-17
8am-Wake Up & Walk DVD
80-10:30am-The Pinnacle Voice

8:30-10:30am-The Pinnacle Voices 9am-ZUMBA w/Valerie

9) <u>8am-</u> Wake Up & WALK!

<u>9am-</u>Freeman's Fitness Friday <u>10am-</u>Chair Fit DVD w/Freeman <u>10AM-11AM</u> Bling It w/Harriett Peak <u>11AM-12PM-BINGO w/Anaelia</u>

<u>11AM-</u>Chair Yoga w/Shanthi Peak 12-2pm-Wild & Wooly Women

3-6pm-The Peak Table Games

3-6pm-The Peak Table Games
6-7pm-Nighttime Cardio DVD

Saturday 6-10-17

8am-Wake Up & Walk DVD 9am-ZUMBA w/Valerie

Continued on back→

Visit us online at: www.fortbendcountytx.gov under

Departments/Health & Human Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
12) <i>8am</i> -Wake Up & Walk!	13) <u>8am-</u> Wake Up & WALK!	14) <u>8am-</u> Wake Up & WALK!	15) <u>8am-</u> Wake Up & WALK!	16) <u>8am-</u> Wake Up & WALK!
<i>9am_</i> Fitness w/Freeman	<u>9am-</u> Strength Training w/Freeman	<u>9am-</u> Fitness w/Freeman	<u>9-10am</u> -Functional Fitness	<u>9am-</u> Freeman's Fitness Friday
<u>10am</u> -Line Dance w/Sheila	9am-Chair Fit DVD w/Freeman	<u>9-11am-</u> Ping Pong w/Su Bao	w/Freeman	<u>10am-</u> Chair Fit DVD w/Freeman
	<u>10am</u> - Self-Defense w/Kenneth &	<u>10am</u> -ZUMBA w/Valerie	<u>9-11am-</u> Ping Pong Open Play	<u>11AM-</u> Chair Yoga w/Shanthi
<u>11am-</u> ZUMBA w/Valerie	Grand Master Gerald	44 7 64	10am-3-D Printing Basics	12-2pm-Wild & Wooly Women
1pm-Fitness w/Freeman	<u>10-11AM</u> -Sign Language w/Marsha	<u>11am-</u> Two Stepping w/Marvin & Kenneth	Library Programming	<u>12-3pm-</u> Red Hat Society "
	11am- Greater Works Bible Study TP	w/murviii & Reilleill	<u>Library Programming</u>	The Peak"
<u>2-6pm</u>		<u>12-1pm-</u> Line Dancing w/Faye	<u>10:30-11:30-</u> Chair Fit w/Freeman	<u>3-6pm-</u> The Peak Table Games
The Peak Table Games	<u>12:00pm</u> - Zumba DVD	12-2pm-Wild & Wooly Women	<u>11:30am</u> - Zumba DVD	<u>6-7pm</u> -Nighttime Cardio DVD
6-7:15PM HOA Meeting Peak	<u>1pm-</u> Afternoon Fitness w/Valerie	<u>1pm</u> -Fitness w/Freeman	<i>2-3pm</i> -Sign Language	Saturday 6-17-17
- C	<u>1-3pm-</u> Bridge	(Ab Workout)	w/Marsha	8am-Wake Up & Walk DVD
5-6pm-Line Dancing w/Sheila	3-6pm Peak Table Games	2-6pm-The Peak Table Games	<u>2-6pm-</u> The Peak Table Games	8:30-10:30am-The Pinnacle Voices
<u>6-7pm</u> -Nighttime Caralo DVD	6-7pm- Nighttime Cardio DVD/ZYDECO	<u>6-7pm</u> -Line Dance w/Bonnita	<u>6-7pm-</u> Two Stepping w/Marvin	9am-ZUMBA w/Valerie
19) <u>8am-</u> Wake Up & Walk!	20) <u>8am-</u> Wake Up & WALK!	21) <u>8am-</u> Wake Up & WALK!	22) <u>8am-</u> Wake Up & WALK!	23) <u>8am-</u> Wake Up & WALK!
<u>9am-</u> Fitness w/Freeman	<u>9am-</u> Strength Training w/Freeman	<u>9am-</u> Fitness w/Freeman	<u>9-10am</u> -Functional Fitness	<u>9am-</u> Freeman's Fitness Friday
<u>10am</u> -Line Dance w/Sheila	9am-Chair Fit DVD w/Freeman	<u>9-11am-</u> Ping Pong w/Su Bao	w/Freeman	The Pinnacle will be CLOSED
11 cm 7UMDA w /Valorio	<u>10am</u> - Self-Defense w/Kenneth & GM Gerald	<u>10am</u> -ZUMBA w/Valerie	<u>9-11am-</u> Ping Pong Open Play	from 10:30AM until 3PM.
<u>11am-</u> ZUMBA w/Valerie	10-11AM-Sign Language w/Marsha	<u>11am-</u> Two Stepping	10am-Budgeting Tips & Tricks	Schedule will resume
<u>1pm-</u> Fitness w/Freeman	<u>11am-</u> Greater Works Bible Study	w/Marvin & Kenneth	Library Programming	from 3-7:30PM. (See above)
(Flexibility)	<u>11am-</u> Chair-Fit w/Freeman	12-1pm-Line Dancing w/Faye	<u>10:30-11:30-</u> Chair Fit w/Freeman	<u>3-6pm-</u> The Peak Table Games <u>6-7pm-Nighttime Cardio DVD</u>
<u>2-6pm</u>	<u>12:00pm</u> - Zumba DVD	12-2pm-Wild & Wooly Women	11:30am - Zumba DVD	<u>o-7 pm</u> -raighttime curdio DVD
The Peak Table Games	<u>1pm-</u> Afternoon Fitness w/Valerie	1pm-Fitness w/Freeman (Ab Workout)	2-3pm-Sign Language w/Marsha	Saturday 6-24-17
<u>5-6pm</u> -Line Dancing w/Sheila 6-7pm-Nighttime Cardio DVD	<u>1-3pm-</u> Bridge 3-6pm Peak Table Games	2-6pm-The Peak Table Games	2-6pm-The Peak Table Games 6-7pm-Two Stepping w/Marvin	8am-Wake Up & Walk DVD
<u>o-7 pm</u> -Nighttime Caralo DVD	6-7pm - Nighttime Cardio DVD/ZYDECO	6-7pm-Line Dance w/Bonnita	<u>o-/pm-</u> i wo stepping w/iviai viii	9am-ZUMBA w/Valerie
26) <u>8am-</u> Wake Up & Walk!	27) <u>8am-</u> Wake Up & WALK!	28) <u>8am-</u> Wake Up & WALK!	29) <u>8am-</u> Wake Up & WALK!	30) <u>8am-</u> Wake Up & WALK!
<u>9am-</u> Fitness w/Freeman	<u>9am-</u> Strength Training w/Freeman	<u>9am-</u> Fitness w/Freeman	<u>9-10am</u> -Functional Fitness	<u>9am-</u> Freeman's Fitness Friday
<u>10am</u> -Line Dance w/Sheila	9am-Chair Fit DVD w/Freeman 10am-Self-Defense	<u>9-11am-</u> Ping Pong w/Su Bao	w/Freeman	10am-Chair Fit DVD w/Freeman
11am-ZUMBA w/Valerie	w/Kenneth & GM Gerald	<u>10am</u> -ZUMBA w/Valerie	<u>9-11am-</u> Ping Pong Open Play 10am-Adult Coloring	11AM- Chair Yoga w/Shanthi
1pm-Fitness w/Freeman	<u>10-11AM</u> -Sign Language w/Marsha	11am-Two Stepping w/Marvin & Kenneth	Library Programming	12-2pm-Wild & Wooly Women
(Flexibility)	<u>11am-</u> Greater Works Bible Study	<u>12-1pm-</u> Line Dancing w/Faye "JUNE" Birthday Celebration @ Noon	<u>10:30-11:30-</u> Chair Fit w/Freeman	3-6pm-The Peak Table Games
<u>2-6pm</u>	<u>11am-</u> Chair-Fit w/Freeman	12-2pm-Wild & Wooly Women	11:30am-4pm-Missouri City Bridge	<u>6-7pm</u> -Nighttime Cardio DVD
The Peak Table Games	<u>12:00pm</u> - Zumba DVD "Peak"	12-2pm-Wild & Woolf Women 1pm-Fitness w/Freeman (Ab Workout)	<u>11:30am</u> - Zumba DVD	Saturday 7-1-17
<u>5-6pm</u> -Line Dancing w/Sheila	<u>1pm-</u> Afternoon Fitness w/Valerie	2-6pm-The Peak Table Games	2-3pm-Sign Language w/Marsha	8am-Wake Up & Walk DVD
6-7pm-Nighttime Cardio DVD	<u>1-3pm-</u> Bridge 3-6pm Peak Table Games	C. Zama Lines Danasa va /Danasita	2-6pm-The Peak Table Games	9am-ZUMBA w/Valerie
	6-/pm- Nighttime Cardio DVD/ZYDECO		6-7pm-Two Stepping w/Marvin	,
To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver				